



# Senior Nutrition Program-Des Moines March 2016

Mon	Tue	Wed	Thu	Fri
	<b>1 Cream of Mushroom Soup</b> Chicken Salad Sandwich Mandarin Oranges Apple Crisp	<b>2 Creamy Tomato Fettuccini</b> Riviera Vegetables Roll Mango-Pineapple	<b>3 Mexican Meatloaf</b> Mashed Potatoes Green Salad Cornbread Cantaloupe	<b>4</b>
<b>7 Beef Barley Soup</b> Caesar Salad Melon Ginger Snaps	<b>8 Chicken Margarita</b> Egg Noodles Salad Breadsticks Apple	<b>9 Meatloaf</b> Mashed Potatoes Sliced Carrots Wheat Roll Pears	<b>10 Florentine Fish</b> Roasted Potatoes Green Salad Biscuit Apple	<b>11</b>
<b>14 Ham Macaroni Bake</b> Key West Vegetables Roll Orange Slices	<b>15 Chicken Gumbo</b> Salad Roll Peaches	<b>16 Lemon Pepper Fish</b> Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice	<b>17 Corned Beef &amp; Cabbage</b> Potatoes & Carrots Biscuits Apples & Cinnamon <b>ST. PATRICKS DAY LUNCH</b>	
<b>21 Tomato Soup</b> Tuna Salad Sandwich Green Salad Melon	<b>22 Sloppy Joe</b> Tomato/Cucumber Salad Green Peas Apricots Brownie	<b>23 Chicken Teriyaki</b> Rice Asian Vegetables Pears Fortune Cookie	<b>24 Shrimp Scampi</b> Linguini Pasta Strawberry Spinach Salad Breadstick Coconut Cream Pie	<b>25</b>
<b>28 Beef Tostada</b> Homemade Refried Beans Mandarin Oranges Lemon Pudding	<b>29 Crab Cakes</b> Red Potatoes Mixed Vegetables Mixed Fruit Cookie	<b>30 Chicken Parmesan</b> Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar & Juice	<b>31 Chicken Tinga</b> Refried Beans Green Salad Orange	

**No reservations necessary.**

Nutrition analysis includes 2% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.  
Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.

# MARCH 2016

## Five Things Seniors Should Eat To Live Better

Dr. Diane Stadler, [www.webMD.com](http://www.webMD.com)

### Catholic Community Services Nutrition Services

5705 Main Street SW  
Lakewood WA 98499



- 1. Colorful Fruits and Vegetables:** The darker the red, the deeper the green, the more yellow, the more orange -- they're the foods that have function, says Diane Stadler, PhD, RD, a research assistant professor of medicine at Oregon Health & Science University.
- 2. Dairy:** This is an incredibly important food group for people as they get older, Stadler says. Calcium needs are high and they stay high, and you can't get any other foods with as much calcium as dairy.
- 3. Whole Grains:** These powerhouse foods are pantry essentials. A good source of B vitamins, they are also loaded with fiber. Whole-grain foods are easy to find. There's a whole variety beyond oatmeal and whole wheat, such as quinoa, which is incredibly high in protein, Stadler says.
- 4. Lean Protein:** A lot of foods will give you the protein you need, like fish, poultry, meat, beans, legumes, nuts, and dairy products. If you choose to eat meat, make it lean. If you can see a layer of fat, it is saturated fat and associated with bad cholesterol, Stadler says.



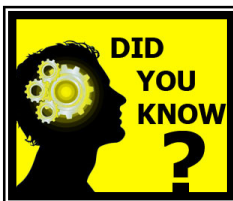
- 5. Fish With Omega-3s:** Oily fish like salmon, tuna, and mackerel are great sources of omega-3 fatty acids, which are good for you. Stadler says just two servings of fatty fish per week are enough to meet your requirements for this healthy fat. Canned salmon is a good choice because it is often packed with some edible fish bones, adding a calcium boost.

**CCS Lunch meal sites are open 9am to 1:30. Lunch is served at noon.**

### Pierce County Name

### Location

African American	1323 S. Yakima, Tacoma
Beacon	415 S.13th St., Tacoma
Buckley	811 Main St., Buckley
Eatonville	305 West Center St.
Fife	2111 54th Ave East, Fife
Gig Harbor	8502 Skansie Ave, G.H.
Japanese	14916 SW Washington
Lakewood	5705 Main St. S.W. Lakewood
Lighthouse	5016 S. A St., Tacoma
Parkland	12115 Park Ave. S., Parkland
Portland	3513 E. Portland Ave.
Puyallup	210 West Pioneer, Puyallup
Ruston	4716 N. Baltimore, Ruston
Steilacoom	2301 Worthington, Steilacoom
Sumner	15506 62nd St. East, Sumner
Tillicum	14916 SW Washington, Tillicum
University Place	2534 Grandview Dr. W., U. P.



Omega-3 fatty acids from fish oil help insulate brain cells and make better neural connections? This keeps you thinking on your toes. They're also great for your immune system, improve lung functioning, and have been shown to decrease cancer rates.



### King County Name

### Location

Auburn	808 9th St SE, Auburn
Bellevue	4063 148th Ave NE, Bellevue
Black Diamond	31605 3rd Ave, Black Diamond
Des Moines	2045 S 216th St, Des Moines
Enumclaw	1350 Cole St, Enumclaw
Federal Way	876 S 333rd St, Federal Way
Issaquah	75 NE Creek Way, Issaquah
Kirkland	352 Kirkland Ave, Kirkland
Pacific	133 3rd Ave SE, Pacific
Redmond	8703 160th Ave NE, Redmond
Seatac	13735 24th Ave S, Seatac
South Park	8201 10th Ave S, Seattle

A Service of Catholic Community Services of Western Washington.

Mon	Tue	Wed	Thu	Fri
	<b>Lemon Pepper Fish</b>  Calories = 670 Carb = 96 Sodium = 860	<b>Creamy Tomato Fettuccini</b>  Calories = 700 Carb = 64 Sodium = 730	<b>Cream of Mushroom Soup</b>  Calories = 710 Carb = 84 Sodium = 460	<b>Meatloaf</b>  Calories = 720 Carb = 102 Sodium = 1080
<b>Chicken Margarita</b>  Calories = 700 Carb = 84 Sodium = 970	<b>Beef Barley Soup</b>  Calories = 680 Carb = 74 Sodium = 870	<b>Country Fried Steak</b>  Calories = 810 Carb = 100 Sodium = 1040	<b>Fish Taco</b>  Calories = 760 Carb = 126 Sodium = 830	<b>Pork Tenderloin Bake</b>  Calories = 740 Carb = 91 Sodium = 850
<b>Ham Macaroni Bake</b>  Calories = 700 Carb = 76 Sodium = 1020	<b>Chicken Gumbo</b>  Calories = 710 Carb = 84 Sodium = 1010	<b>Spanish Fish</b>  Calories = 860 Carb = 105 Sodium = 630	<b>Corned Beef &amp; Cabbage</b>  Calories = 700 Carb = 85 Sodium = 1110	<b>Chicken Teriyaki</b>  Calories = 780 Carb = 126 Sodium = 610
<b>Tomato Soup</b>  Calories = 650 Carb = 73 Sodium = 1190	<b>Oven Fried Chicken</b>  Calories = 680 Carb = 90 Sodium = 1060	<b>Sloppy Joe</b>  Calories = 850 Carb = 113 Sodium = 1200	<b>Crab Cakes</b>  Calories = 710 Carb = 114 Sodium = 460	
<b>Spaghetti w/Broccoli &amp; Chicken</b>  Calories = 820 Carb = 81 Sodium = 690	<b>Beef Tostada</b>  Calories = 670 Carb = 88 Sodium = 1260	<b>Chicken Parmesan</b>  Calories = 880 Carb = 127 Sodium = 1110	<b>Breaded Fish Patty</b>  Calories = 740 Carb = 122 Sodium = 730	22 Serving Days

**For reservations, call (253) 474-1200.**

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